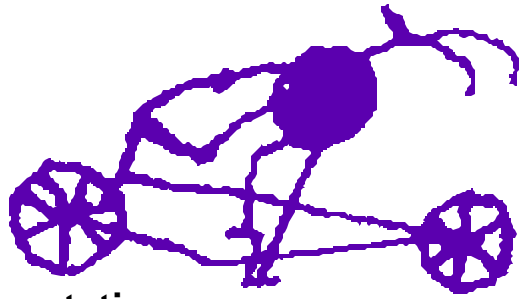


# By-Cycle



## Bicycle News from the Maricopa County Department of Transportation

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Volume 2:10

### APBP Conference in Tucson

The Association of Pedestrian and Bicycle Professionals will be holding their second Professional Development Seminar Series on November 14-16 in Tucson.

The APBP conference will bring together leaders of the bicycle and pedestrian transportation profession for two days of networking, in-depth technical seminars, and study tours. Critical subjects to be covered include designing sidewalks and trails for universal access, intersection design, context sensitive design, and bicycle and pedestrian issues for TEA-21 reauthorization. A special "Inside the Manuals" session features speakers who are responsible for the Highway Capacity Manual, AASHTO Green Book, and Manual on Uniform Traffic Control Devices.

Detailed information is available at [www.pbaa.com/APBP/EITourConference.htm](http://www.pbaa.com/APBP/EITourConference.htm) or [www.apbp.org](http://www.apbp.org)

### Bicycle Quote

*I eat to ride, I ride to eat. At the best of moments, I can achieve a perfect balance, consuming just the right amount of calories as I fill up at bakeries, restaurants or ice cream parlors. On the road, I can get about twelve miles to the quart of milk and a piece of baker's apple tart.*

Daniel Behrman  
*The Man Who Loved Bicycles*

### Golden Spoke Awards

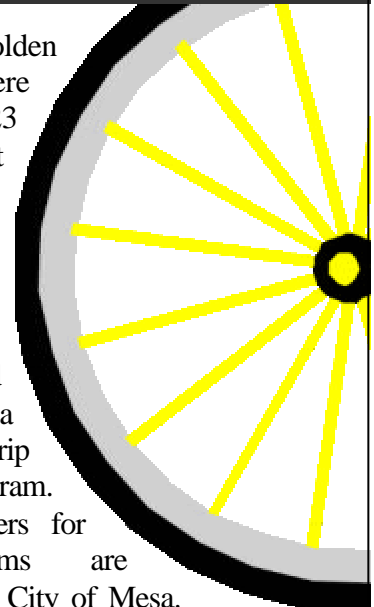
The 2001 Golden Spoke Awards were two of the 23 awards given out this year in recognition of outstanding efforts in support of the Clean Air Campaign and the Maricopa County Trip Reduction Program.

This year's winners for bicycle programs are Microtest and the City of Mesa.

The award recognizes employers or cities that have implemented an outstanding promotional effort or overall bicycle program encouraging commuters to use bicycles as an alternative mode through improved facilities, educational programs, promotions, or Valley Bike Week events.

#### Golden Spoke Award: 101-500 employees Microtest

For Valley Bike Week 2001, the goal was to get more employees than last year to Bike to Work. There were two central meeting locations for employees to meet and ride into work together. Microtest provided a free tee shirt the day before the ride so everyone would look like a group and riders received free pizza for lunch. Twenty-one people participated, which increased from



12 the year before. This event led to more employees regularly riding their bike to work. In addition to promoting Valley Bike Week, Microtest has shower facilities for regular bike riders, locker room areas, and they allow employees to bring their bikes into the building. Microtest also has a Guaranteed Ride Home program in case of an emergency or bad weather.

### **Golden Spoke Award: 501+ employees City of Mesa**

The intent of Mesa's Bike Week 2001 events was to increase the visibility both of bicycling and of bicycling infrastructure. By offering a wide variety of events, the city endeavored to reach a broad audience including city employees, law enforcement professionals, engineers, planners, families, and elected officials. The City of Mesa hosted a variety of events and included the Cubs Spring Training Ride with 10 participating riders. In addition, a bike to work day was held and the Mayor's breakfast and ride included 17 riders and the bike to lunch included 27 riders.

The City of Mesa also hosted "The Anatomy of Bicycle and Pedestrian Crashes" two-day workshop. Thirty-three people attended the first day of the workshop that focused on the engineering, education, and enforcement issues of bicycle and pedestrian crashes. Ninety-five people attended the second day of the session. Attendees represented eleven Valley municipal governments, as well as the City of Tucson, Maricopa County, the Maricopa Association of Governments, and Pima County. The workshop attracted attendees from across the nation, including Washington, DC, and Davis, California. The workshop included an on-site crash reenactment session focusing on the major types of bike/pedestrian-related automobile crashes.

<http://www.valleymetro.maricopa.gov/Rideshare/cac/index.html>



**This cyclist was spotted testing his new full suspension bike. Take notice of the leaf springs in the fork.**

## **Bike Sense**

**Cycling is fun.** People cycle for many reasons. Riding your bicycle allows you to feel active and energetic, feel your fitness improving, and to enjoy the surroundings of the natural environment. Cycling provides the independence of using only your own power, free from the constraints of motor vehicles. Check out the British Columbia Bicycle Operator's Manual, an 18-page guide to the rules of the road, bike handling, traffic skills, and enjoying cycling that can be downloaded as a pdf from:

<http://www.bikesense.bc.ca/manual.htm>

## **Active Aging**

Regular, moderate exercise by older adults can help delay or prevent the onset of disabilities, reduce risk of falls, relieve depression, increase mental acuity, and perhaps increase life expectancy. Yet, of all age groups, older adults are least likely to participate in regular exercise. A guide from Partnership for Prevention for increasing community-level walking and biking by older adults can be downloaded as a pdf from: <http://www.prevent.org/activeaging.htm>



## Bike Box

One of the innovative on-street bike treatments to be implemented in the last few years is the Bike Box. The box allows cyclists traveling towards an intersection on a left-side bike lane to get to the head of the traffic queue on a red traffic signal indication and then proceed ahead of motor vehicle traffic toward a right-side bike lane when the traffic signal changes to green (works like a crosswalk). The City of Phoenix is considering using bike boxes in conjunction with the light rail project on Washington and Jefferson Streets. For more information on Bike Boxes, check out the FHWA report available at: <http://www.bicyclinginfo.org/rd/operations.htm#clear>

## Use the Stairs

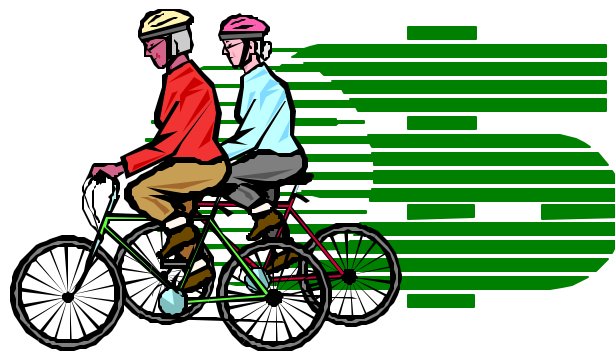
The CDC Task Force on Community Preventive Services has recommended that people be encouraged to take the stairs. In six studies, motivational signs placed close to elevators and escalators encouraging use of nearby stairs for health benefits or weight loss have increased the use of the stairs by 53.9%.

For details, the MMWR Recommendations and Reports, Volume 50, Number RR-18 is available as a pdf from <http://www.cdc.gov/mmwr/PDF/rr/rr5018.pdf>



## MCDOT BAC

The MCDOT Bicycle Advisory Committee will hold their regular meeting on Tuesday, November 13, 2001 at 2:30 p.m., in the Maricopa Room at the Maricopa County Department of Transportation Building at 2901 W. Durango Street, Phoenix, AZ. The meeting is open to the public.



The National Center for Bicycling and Walking has posted a web page featuring the economic benefits of bicycle- and pedestrian-based tourism, and the economic impacts of trail development. Their conclusions are that communities that embrace and encourage bicycle- and pedestrian-based tourism can expect these benefits:

- Positive contribution on the local economy
- An improvement in public health by providing opportunities for physical activity
- Better air quality
- Negligible impact upon the visual landscape
- No-cost or low-cost improvements such as shoulders and restrooms that can aid all highway users, and
- A scale of travel that can enhance the quality of life within the community.

[http://www.bikefed.org/economic\\_impact.htm](http://www.bikefed.org/economic_impact.htm)

## MCDOT Bicycle Program

For a copy of the MCDOT Bicycle Transportation System Plan, visit:

[www.mcdot.maricopa.gov/Bicycle/index.htm](http://www.mcdot.maricopa.gov/Bicycle/index.htm)

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